

Class timetable starting Monday 7th January

Day	Time	Class	Duration	Instructor	Venue
Mon	7:00am	Hiit NEW	30	Dave	Sports Hall
	9:30am	Pedal Power NEW	45	Dave	Spin Studio
	10:30am	Vinyasa Yoga	60	Pamela	Ballroom
	6:00pm	Pilates	60	Sue	Ballroom
	6:00pm	Core Balls	25	Shani	Sports Hall
	6:30pm	Hiit	25	Shani	Sports Hall
	7:00pm	Yoga	60	Sue	Ballroom
Tue	6:45am	Pilates	45	Adrian	Ballroom
	9:30am	Functional Fitness	45	Adrian	Gym
	9:30am	Total Body Tone	45	Sue	Bistro
	10:30am	Unite	60	Sue	Bistro
	6:00pm	Pedal Power	45	Shani	Spin Studio
	7:00pm	Legs, bums and tums	60	Shani	Sports Hall
	7:00pm	Yoga	60	Lorraine	Ballroom
Wed	9:30am	Core Balls	25	Shani	Sports Hall
	10:00am	Hiit	25	Shani	Sports Hall
	10:30am	Yoga	60	Mina	Bistro
	7:00pm	Vibe cycle	45	Katie	Spin Studio
Thurs	6:45am	Stretch it	60	Adrian	Ballroom
	9:30am	Functional Fitness	45	Adrian	Gym
	9:30am	Pilates	60	Sue	Bistro
	10:30am	Yoga	60	Sue	Bistro
	6:00pm	Pedal Power	45	Dave	Spin Studio
	7:00pm	Yoga	60	Pamela	Ballroom
Fri	9:00am	Functional Fitness	45	Shani	Gym/Sports Hall
	9:45am	Stretch it	60	Adrian	Ballroom
Sat	8:30am	Tabata Hiit Training	25	Shani	Sports Hall
	9:00am	Vibe Cycle	45	Katie	Spin Studio
	10:00am	Functional Fitness	45	Shani	Gym/Studio
Sun	9:00am	Functional Fitness	45	Dave	Gym
	10:00am	Yoga	60	Mina	Ballroom

Cardio	Mind and Body	Cardio/ Toning
Toning	Dance	Core

Spaces are limited on some classes so it is advisable to book in advance. Please cancel your space if you no longer require it, we can then offer this up to another member who may be on a waiting list.
Thank you.

Please book your space at reception or via email: enquiries@baypointssportsclub.co.uk or telephone: 01304 613022